

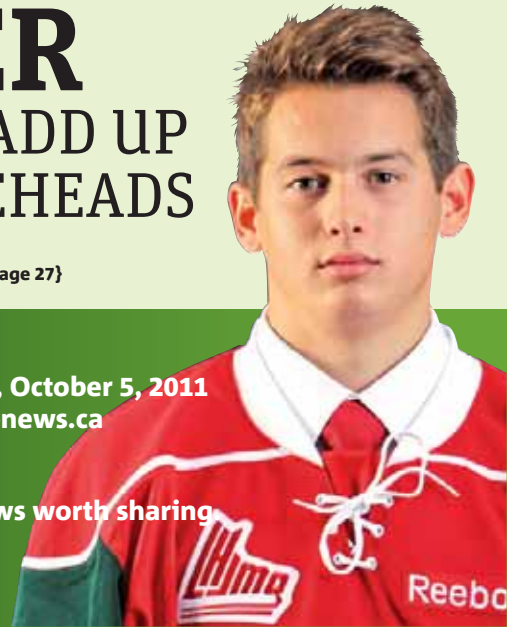


GRIMM SENTENCE
DRIVER OFF TO PRISON
FOR HIS ROLE IN
FATAL CRASH {page 3}

DREAM CRUISE
VACATION ABOARD
DISNEY SHIP PERFECT
FOR PRINCESSES {page 17}



SNIPER
NUMBERS ADD UP
FOR MOOSEHEADS
FORWARD {page 27}



HALIFAX

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Wednesday, October 5, 2011
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News worth sharing

History. Alive



► A dancer performs on the Studley quad at Dalhousie University yesterday.

DARRELL OAKE/FOR METRO

Dalhousie celebrates Mi'kmaq culture

The school held its second annual campus mawio'mi in celebration of Mi'kmaq History Month. The event included a ceremonial procession, raising of the Mi'kmaq flag followed by dancing and drumming.

Man shot in stairwell

► No arrests made in Dartmouth shooting
► Victim's non-life-threatening injuries treated in hospital
► Expected to recover



PHILIP CROUCHER
@METRONEWS.CA

Police are trying to determine the motive behind a man being shot in the stairwell of a Dartmouth apartment complex late yesterday.

Halifax Regional Police were called to Lakewood Manor at 81 Lakecrest Dr. around 5:30 p.m. When officers arrived, a 20-year-old man was found inside an apartment building suffering from at least one gunshot wound.

The victim was taken to hospital by paramedics with non-life-threatening injuries.

"It didn't happen in an apartment.... It was in one of the stairwells," said Staff Sgt. Bill Morris of the actual shooting.

When asked about what took place, Morris said, "We're still dealing with that."

Morris wouldn't say where the

► Police at the scene of last evening's shooting.



victim was shot and whether it was more than once. It's believed he was shot in the back, Metro has learned.

There were also reports of several people running from the three-storey building after the shooting happened.

"We're not sure if they were involved or just heard what happened and fled the area," Morris said. "We are looking into it, but we can't confirm whether it was a suspect or just someone who happened to be around."

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Congratulations to the winners of the 2011 Pengrowth-Nova Scotia Energy Scholarships

Nineteen Nova Scotia students have been chosen to receive the Pengrowth-Nova Scotia Energy Scholarship. Eleven receive university scholarships worth as much as \$10,000 each, \$2,500 renewable over four years, based on a combination of extracurricular activities and academic performance. Eight receive \$2,500 non-renewable scholarships at the Nova Scotia Community College.



Sean Bent
Prince Andrew
High School
*B.Sc. (Engineering),
Acadia University*



Marawan El-Sayed
Charles P. Allen
*Engineering,
Dalhousie University*



Thomas Lloyd
Liverpool Regional
High School
*Power Engineering
Technology, NSCC*



Ryan Newell
Barrington
Municipal High
School
*Building Systems
Technical
(HVAC+R), NSCC*



Janelle Boudreau
École Beau-Port
*B.Sc. (Nursing),
St. Francis Xavier
University*



Edward Hanifen
Guysborough
Academy
*Electrical
Construction
& Industrial,
NSCC*



Julia Locke
Cobequid Educational
Centre
*B.Sc., University
of Prince Edward
Island*



Ryan Pedersen
Cobequid
Educational Centre
*B.Admin
(International Food
Program), NS
Agricultural College*



Barry Bower
Cobequid
Educational Centre
*Energy
Sustainability–
Engineering
Technology, NSCC*



Eileen Haskett
Dr. J. H. Gillis
High School
*B.Sc. (Biology),
Acadia University*



Catherine Murphy
Halifax West
High School
*B.Sc. (Nursing),
Dalhousie University*



Samuel Wynn
North Nova
Education Centre
*Electronic
Engineering
Technology, NSCC*



Alecia Bowers
Liverpool Regional
High School
*Drafting –
Architectural,
NSCC*



Christopher Keefe
Riverview Rural
High School
*B.Sc., Cape Breton
University*



Haley Newell
Barrington Municipal
High School
*Environmental
Engineering
Technology – Water
Resources, NSCC*



Kyle Boyle
North Queens
Rural High School
*Environmental
Engineering
Technology – Water
Resources, NSCC*



Alexander Lambur
Citadel High School
*B.Sc. (Engineering),
Queens University*



Miguel DeMello
Sydney Academy
*B.Sc. (Kinesiology),
Dalhousie University*



Lauren Lewis
Annapolis West
Education Centre
*B.Sc., Dalhousie
University*

The Pengrowth-Nova Scotia Energy Scholarship Program is designed to develop home-grown expertise by encouraging Nova Scotia students to pursue careers in the energy sector. These students can make a difference by becoming tomorrow's Leaders in Energy. To find out how to apply for the next academic year, please visit: gov.ns.ca/energy

Grimm sentenced to 30 months in federal prison

► Grimm's remorse, guilty plea mitigating factors in sentencing: Judge
► Defence gets recommended sentence ► Crown wanted at least four years



► Matthew Leslie Grimm leaves Dartmouth provincial court in this file photo from May 2010.

ALEX BOUTILIER
@METRONEWS.CA

Matthew Grimm shot sheepish glances towards a group of friends and supporters in a Dartmouth provincial court yesterday as a judge went through the details of the night David Julien died.

But mostly the 20-year old kept his head hung low as Judge Flora Buchan sentenced him to two and a half years in jail for his role in Julien's death.

"Mr. Grimm is deeply remorseful, has accepted responsibility," said Judge Flora Buchan, noting that she thought Grimm's chances for rehabilitation were good.

"While he lacked courage on the night in question, he's facing the court today, prepared to take full responsibility for his actions."

Grimm was at the wheel of his Honda Accord on May 16, 2010, when he lost control and crashed into a light pole on Cranberry Crescent in Dartmouth. He was not licensed to drive the vehicle and he had no insurance.

At the time of the accident, Julien was in the back seat and Thomas Dixon, 18 at the time, was in the front. Both Grimm and Dixon had been drinking.

Grimm and Dixon fled the scene after the crash, believing the 15-year old Julien was running behind them.

He was not.

Grimm, who pleaded guilty to dangerous driving causing death, will serve 30 months in federal prison for his role in the accident and is banned from driving for five years.

Crown attorney Melanie Perry said she was satisfied with Buchan's decision — despite the fact that the Crown suggested a sentence of four years and five months.

"I can tell you that I think there are no winners here," Perry told reporters outside the court. "Matthew Grimm has been sentenced to a period of incarceration in a federal facility. He's not going home today. (And) David Julien is never going home."

Gas-price regulator goes about business as usual

The body that regulates gas prices in Nova Scotia says it has no intention of changing the way it does business.

The Public Utilities and Review Board issued a decision yesterday that essentially shrugs off a suggestion by Premier Darrell Dexter that the board take a closer look at the way New Brunswick regulates prices.

Dexter made the suggestion in June when questions arose about dramatic swings in gas prices and the different approaches taken by the two provinces.

In both provinces, gas prices are set weekly — but prices in New Brunswick can change more frequently because adjustments are automatic when commodity prices change more than six cents per litre in one day.

The Nova Scotia board concluded its discretionary approach works better because automatic interruptions can lead to frequent changes and unreasonable prices — results that are at odds with the board's mandate to keep prices stable.

THE CANADIAN PRESS

2006

The year price regulation was introduced in New Brunswick and Nova Scotia

1

news


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Gloom over doomed building

- Heritage Trust upset over planned demolition
- Macara-Barnstead was built in 1825



ALY THOMSON
HALIFAX@METRONEWS.CA

The Heritage Trust of Nova Scotia is "disappointed" with Halifax regional council's decision to demolish most of the 19th-century Macara-Barnstead building on Granville Street in the city's downtown.

Council voted yesterday to move forward with a proposal submitted by TDB Halifax Holdings Ltd. for the "substantial alteration" of the registered heritage property, which sits behind the TD bank tower on Barrington Street.



"We gained what we felt was the best outcome for this building."

COUN. SUE UTECK

Phil Pacey, the trust's HRM committee chairman, said that isn't the decision he was looking for. "It's a building that has

served Halifax for 186 years. It's in good shape, and could serve Halifax for another 186 years in its entirety," he said after the vote.

He said no public hearings were held or will be held, as only those who own property in Halifax's downtown can appeal.

The facade of the building will be retained, restored and incorporated into a revitalized streetscape, but most of the building will be demolished to add three storeys to the 18-storey bank tower.

Most councillors were in support of the proposal.

Park and ride in Fall River

Fall River residents will soon be able to park their cars and ride the bus into Halifax.

Halifax regional council approved the construction of a "rural express park and ride" yesterday, to be built off of Perin Drive.

A contract for the work was awarded to Dexter Con-

struction Ltd. to the tune of nearly \$679,600, funded by council's Rural Community Transit fund. Construction should begin within three weeks and be finished by May 2012. The route, operated through Metro Transit, travels from Halifax to Fall River and out to Halifax Stanfield International Air-

Route users

Coun. Barry Dalrymple said about 6,000 people who live in Halifax will use the route to travel to their jobs at the airport.

port and back. ● ALY THOMSON

Hearing. Delayed



► New dates for a preliminary hearing have been set in the legislature spending scandal case involving Trevor Zinck, shown in this photo from March 2010.

RYAN TAPLIN/METRO

Zinck's hearing pushed to May

Zinck's hearing, first set for mid-February, has been pushed back to May to allow presiding Judge Anne Derrick to deal with an unrelated trial matter in February.

News in brief

Wells approved

BREWERY PROPERTY. Five window wells will soon spring up outside the Alexander Keith's Brewery building on Lower Water Street.

Halifax regional council approved a proposal from Halkirk Properties Ltd. to construct the approximately-one-metre-deep window wells at the

Brewery Property at 1496 Lower Water St.

● ALY THOMSON

BIDs get more options

HRM. Halifax regional council approved an expanded list of uses for public funding to business-improvement districts yesterday. The municipality has eight BIDs, made up of local business types who split \$100,000 in municipal discretionary funding.

● ALY THOMSON

Regional plan review set

FOUR KEY AREAS. HRM staff will start work on a five-year review of HRM's regional plan, council directed yesterday.

The review of the plan, first adopted in 2006, will focus on four key areas: sustainable solutions, improved suburban and urban design, co-ordinated land-use and transit planning, and enhancing the HRM's regional center.

● ALY THOMSON

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Halifax Forum Multi-purpose Room on Young Street





RYAN TAPLIN/METRO

► A scene from Neptune Theatre's 2010 holiday production, *The Wizard of Oz*.

Drawing a crowd

► Neptune's ticket sales up \$82,000 ► Sponsorship dropped slightly due to Canada Winter Games



Neptune Theatre had a solid year in 2010-11 and is well placed in the run up to next year's 50th season, patrons heard at yesterday's annual general meeting.

Artistic Director George Pothitos said Neptune sold 87,500 tickets to nearly 300 shows, with especially strong performances from *MacHomer* and *The Wizard of Oz*, which both played to 97 per cent capacity.

Oz, the 2010 holiday musical, topped the charts with more than 25,000 tickets sold over its Christmas run.

"I believe that in the 2010-11 season, Neptune Theatre challenged and re-

\$8.2M

The amount Neptune Theatre says it generates in economic activity in HRM each year.

warded audiences who often braved blizzards, freezing-cold temperatures, rain storms and chronic parking shortages in the downtown core," Pothitos said.

Neptune's "Shakespeare hat trick" — *Romeo & Juliet*, *MacHomer* and *West Side Story* — drew large crowds and positive feedback from the many students and teachers who saw the plays.

The audited financial statements showed healthy

balance sheets free from long-term debt. Revenue for the past two seasons was virtually identical, although the 2010-11 season generated an \$18,700 operating deficit. That was covered by the Trident Fund.

Pothitos also announced the theatre had recruited a new general manager, Amy Melmock, who replaces veteran GM Doreen Malone. The Alberta-born woman has a long resumé in government and the arts. She helped launch Canso's Stan Rogers Folk Festival in 1997 and served as GM for Festival Antigonish.

"As the theatre moves toward ... the milestone of its 50th anniversary, it's an incredible time to join the Neptune," Melmock said.

Halifax tops in income, population, study says

ALEX BOUTILIER
@METRONEWS.CA

Ever wonder the percentage of Haligonians who smoke? Or where the capital ranks in terms of population growth? Or how many of us complete post-secondary education?

Well you're in luck: The Community Foundation of Nova Scotia has compiled that data, along with a myriad of other socioeconomic indicators, in one convenient, easy-to-read format.

The CFNS, part of a national group of charitable organizations, released a new report aimed at bringing together disparate data on how communities in Nova Scotia compare to the national average.

The ultimate goal of the report, according to CFNS executive director Allison

Read full report

► The full report, as well as smaller reports on Wolfville and Lunenburg County, can be found at cfns.ca.

Kouzovnikov, is to provide community organizations with the data required to identify and work toward resolving issues their region faces.

"As Nova Scotians, in our homes and in our communities, we all have a responsibility to help to improve our communities, and we all have the ability to do that," Kouzovnikov said.

The Halifax Regional Municipality ranks at the top of both population distribution (40.8 per cent) and median before-tax in-

come (\$66,967) for Nova Scotia. The municipality is also growing faster than most regions of the province, with a 5.5 per cent growth rate between 2006 and 2010.

Despite the sometimes sketchy reputation of the port city, HRM also fared well on CFNS's "Virtue Map," which examined yearly flu-shot rates (41.1 per cent), recommended fruit and vegetable consumption (37.7 per cent) and activity rate (56.8 per cent).

22% On the "Vice Map," Haligonians had some of the lowest returned results — with obesity, smoking and heavy drinking rates all hovering near 22 per cent.

To avoid flooding, clear drains

The municipality was urging residents yesterday to make sure catch basins or other draining systems on their property are clear of leaves and other debris to help prevent flooding from heavy rains.

Rainfall amounts of between 50 to 100 millimetres were forecast yesterday into today.

● METRO

Two teens perish in van crash

Police in Cape Breton say two people are dead after a minivan carrying five teens left a road and hit a tree before crashing over an embankment in Ingonish Beach on Monday night.

The 16-year-old girl driving the minivan and a 14-year-old boy were pronounced dead at the scene.

THE CANADIAN PRESS

Blood donors wanted

Haligonians are being asked to give blood prior to the Thanksgiving long weekend.

According to Canadian Blood Services, which issued a public call for donors yesterday, more than 6,000 appointments need to be booked across the country over the next six weeks to meet the demands of hospital patients. ● METRO

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Alleged slap has nurse in hot water

► Provincial ministry says woman was slapped by a Braemore staff worker in the August incident

A licensed practical nurse has been charged with assaulting a resident of a Cape Breton special care home that is already under scrutiny after the province launched a review of the facility earlier this year.

Desiree Vassallo, a spokeswoman for the Cape Breton Regional Police, says Donald Donovan of Glace Bay has been charged with assault after an alleged incident in August at the Braemore Home in Sydney.

Donovan, 54, is scheduled to be in court Dec. 19. He could not be reached for comment yesterday.

Mary MacNeil, the legal guardian of the resident, says she was told by police that the charge relates to an alleged assault of her 60-year-old sister, Paulette

The victim

► Mary MacNeil said Paulette Nicholson has the intellectual capabilities of a one-year-old and has some mobility problems. She said Nicholson has fallen downstairs in the past.

Nicholson.

MacNeil said she felt a sense of relief once she heard charges were laid.

"I felt like it's been a long, long time," MacNeil said yesterday from Sydney.

The Department of Community Services conducted its own investigation into the alleged assault and another incident involving Nicholson last year where the woman fell downstairs.

THE CANADIAN PRESS

Seinfeld expected to sell out in Sydney

Jerry Seinfeld is bringing his standup comedy tour to Centre 200 in Sydney on Dec. 2.

"We're hoping it will attract a sold-out crowd, yes, definitely," said Blair Brewer, general manager of Centre 200.

Tickets for Seinfeld's show are \$109.50 for floor and the lower-bowl seats. Upper-bowl and the fourth-level club seats are \$88.25.

Brewer said Seinfeld's Sydney performance is believed to be the performer's only Nova Scotia stop on his tour.

Tickets go on sale Oct. 14 at 10 a.m. and are available online at tickets.capebreton.ca, or charge-by-phone at 902-564-2200.

CAPE BRETON POST



► Comedian Jerry Seinfeld performs onstage at the Exploring The Arts gala at Cipriani on Wall Street in New York City in 2008.

News in brief

Four caught for high-end theft

STOLEN VEHICLE. Two men and two women are facing charges after police say they seized

what they describe as a high-end luxury vehicle reported stolen in Quebec.

Halifax RCMP say the arrests happened at separate residences on Monday night and it's believed parts from the vehicle were to be sold online.

● METRO

Plans for new health centre

POLITICS. Nova Scotia's health minister has announced a collaborative emergency-care centre for Tatamagouche, the second such facility in the



province. Maureen MacDonald, pictured, says the centre will be based at the Lillian

Fraser Memorial Hospital and will open later this year.

THE CANADIAN PRESS



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Knox returns, thanks supporters

- Arrives back in U.S. after acquittal in Italy
- Prosecutor could still appeal verdict

Amanda Knox returned to her hometown of Seattle yesterday and was as over- come with emotion as she was a day earlier in Italy, when she was acquitted on murder charges after four years in prison. "Thank you for being there for me," she tearfully told her supporters in front of a crowd of reporters from two continents.

"I'm really overwhelmed right now," she said at a news conference minutes after she was escorted off a British Airways flight out of London.

Knox's life turned around dramatically Monday when an Italian appeals court threw out her conviction in the sexual assault and fatal stabbing of her British roommate in

"I was looking down from the airplane, and it seemed like everything wasn't real."

AMANDA KNOX

2007. Yesterday a courtroom picture of Knox crying after the verdict was read appeared on the front pages of newspapers in Italy, the U.S., Britain and around the world.

After arriving at the Seattle-Tacoma International Airport, Knox, now 24, sobbed at the news conference and held her mother's hand as her lawyer Theodore Simon said her acquittal "unmistakably announced to the world" that she was not responsi-

ble for the killing of Meredith Kercher.

After her parents offered their thanks to Knox's lawyers and supporters, Knox spoke briefly, saying, "They're reminding me to speak in English, because I'm having problems with that."

"Thank you to everyone who's believed in me, who has defended me, who has supported my family," she said. "My family's the most important thing to me so I just want to be with them."

Knox's acquittal, fueled by doubts over DNA evidence, stunned the victim's family and angered the prosecution, which insists that she was among three people who killed Kercher, 21. But for Knox's grandmother Elisabeth Huff, "it



► Amanda Knox talks to reporters in Seattle yesterday. Knox was freed Monday after an Italian appeals court threw out her murder conviction.

was like the weight of the world had gone."

"We all are as happy as can be. I can't tell you how

long we've been looking forward to this day," Huff told The Associated Press outside her home in West

Seattle, a tight-knit community a few miles across Elliott Bay from downtown.

THE ASSOCIATED PRESS

Riot trials may be televised

Worldwide audiences who watched whooping young men set cars ablaze and loot stores live on TV after Vancouver's Stanley Cup loss to Boston may soon be invited to tune in again, this time for the accused's public shamings in prime

time.

The British Columbia government announced in its throne speech on Monday it will respectfully ask Crown prosecutors to push the courts to allow the broadcast of trials of suspected rioters.

Premier Christy Clark told reporters she wants the trials aired because the eruption of violence in downtown Vancouver on June 15 attacked British Columbians' sense of safety.

"Those guys had no

problem doing their crimes quite in public, with all kinds of people taking pictures and video all around them," she said. "So I think that they should have no problem being tried in public either." THE CANADIAN PRESS



► Rioters in Vancouver overturn a car after the Vancouver Canucks lost in Game 7 of the Stanley Cup finals in June.

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Airport pat-down leads to security climb-down

► Breast-cancer patient frisked at JFK when scanner detects implants ► Security agency apologizes

A woman recovering from breast cancer says she was subjected to a humiliating public pat-down at a New York airport even though she offered to produce documentation about her medical implants.

Business consultant Lori Dorn said in a blog that the frisking at John F. Kennedy International Airport added "insult to injury and caused me a great deal of humiliation."

The Transportation Security Administration later apologized for the incident.

Dorn was heading to San Francisco last week when a full-body scanner detected her prostheses. She said she explained she had recently undergone bilateral mastectomy and had tissue expanders implanted for breast reconstruction. A TSA agent refused to let her retrieve documents from her wallet "that explains

the type of expanders, serial numbers and my doctor's information," she said.

"I had no choice but to allow an agent to touch my breasts in front of other passengers," Dorn said.

Dorn said she received an apology from a JFK official "who agreed that proper policy wasn't followed."

In its own blog, the TSA said it regretted the incident. **THE ASSOCIATED PRESS**

Bay. Watch



► A composite image shows the changing sea levels of the Bay of Fundy in Nova Scotia.

CONTRIBUTED

Fundy bid hoping for tide of goodwill

The campaign to have the Bay of Fundy named one of the New Seven Wonders of Nature is gearing up as the Nov. 11 deadline approaches. The bay is known for having the greatest tidal range in the world. Readers who want to vote for the Bay of Fundy free of charge can go to votemyfundy.com or text FUNDY to 77077 on any Canadian cellphone. (The cost is 25¢ per text vote.)

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Colombia.....3.9 ¢/min	Mexico.....1.9 ¢/min	U.A.E.....14.9 ¢/min		
Cuba.....89.9 ¢/min	Pakistan.....5.9 ¢/min	U.K.....2.9 ¢/min		
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News in brief

Helicopter crashes in New York

ACCIDENT. A helicopter carrying four tourists crashed into the East River yesterday afternoon after taking off from a launch pad on the riverbank, killing one passenger and injuring the others.

New York Police Department divers pulled the dead woman from about 15 metres of water about an hour after the Bell 206 helicopter went down around 3 p.m. All the passengers appeared to be British tourists, police said. **THE ASSOCIATED PRESS**

Pit bulls attack owner

DOGS SHOT. Gatineau

police shot and killed two pit bulls after the dogs attacked their owner and then turned on the officers, said a police spokesman yesterday.

A neighbour called 911 at 8:45 a.m. Sunday to report a dog attack, said police spokesperson Const. Pierre Lanthier. Police found the dogs' owner was waiting outside of his apartment building with severe bites to his arms and legs.

"One of the pit bulls started running toward the cops. He was really mad and tried to jump at the police officer. So they had no choice but to shoot and kill the dog," said Lanthier.

A dog catcher tried to control a second pit bull and then an officer tried to use pepper spray to subdue it, said Lanthier. "After that, the dog was dangerous. That's when the police officer used a firearm to kill that dog too." **● JESSICA SMITH IN OTTAWA**

Somalia bombing kills 70

- ▶ Al-Qaida-linked group claims responsibility
- ▶ Bombing targets students, parents on busy street

Al-Qaida-linked militants launched their deadliest single bombing in Somalia yesterday, killing 70 people and demonstrating how the group that blocked aid to famine victims can still mount devastating violence even after most of its fighters fled the capital in August.

A truck loaded with drums of fuel exploded outside the Ministry of Education on one of central Mogadishu's busiest streets, where students and their parents were registering for scholarships offered by the Turkish government. At least 70 people were killed and 42 wounded, said Ali Muse, chief of Mogadishu's ambulance service.

The thunderous blast covered the city in dust more than a half-mile away and left blackened corpses



▶ Somalis carry a wounded man at the scene of an explosion in Mogadishu yesterday.

sprawled amid burning vehicles.

Rescuers rushed scores of victims with burns and severed limbs to Medina Hospital, said nurse Ali Abdullahi. Even in a city beset by war and anarchy for two decades, the bombing hor-

rified medical workers. "It is the most awful tragedy I have ever seen," he said.

Maj.-Gen. Fred Mugisha, the commander of the African Union Mission to Somalia force, known as AMISOM, said the attack targeted several Somali gov-

al-Shabab

Rebels of the al-Shabab militant group immediately claimed responsibility for the bombing.

- ▶ Two years ago, al-Shabab was blamed for an attack on a graduation ceremony that killed 24 people.
- ▶ The attack came as Somalia struggles to rebound from its worst famine in 60 years.
- ▶ Al-Shabab fighters have compounded the suffering by preventing aid agencies from helping famine victims in areas in southern Somalia.

ernment institutions.

The suicide bomber detonated the explosives after the vehicle rammed a checkpoint outside a compound housing several government ministries, Mugisha said.

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BELA SZANDELSZKY/THE ASSOCIATED PRESS



▶ Libyan revolutionary fighters celebrate after taking Abu Hadi, a village near Sirte, Libya, yesterday.

Residents flee Gadhafi's hometown

Families flowed out of Moammar Gadhafi's besieged hometown yesterday, exhausted and battered by weeks of hiding from shelling and gun battles with no meat or vegetables or electricity — but unbowed in their deep distrust of the revolutionaries trying to crush this bastion of the old regime.

The fleeing residents were a sign of how resistance to Libya's new rulers remains entrenched among those who benefited from Gadhafi's nearly 42-year rule. Many of those fleeing Sirte said that the stiff defence against revolutionary fighters who have been try-

ing to battle their way into Sirte for three weeks is coming not from Gadhafi's military units but from residents themselves, volunteering to take up arms.

"This so-called revolution is not worth it," said Moussa Ahmed, 31, who sat in a line of cars waiting to go through a checkpoint of fighters searching those exiting the city.

The battle for Sirte, on the Mediterranean coast 400 kilometres southeast of Tripoli, has become the focal point of the campaign by Libya's new rulers to break the last remnants of Gadhafi's rule.

THE ASSOCIATED PRESS

Apple unveils faster, more powerful iPhone



► Apple CEO Tim Cook talks about the iPhone 4S during an announcement at Apple headquarters in Cupertino, Calif., yesterday.

► 39 million iPhones were sold in first six months of this year

Apple Inc. unveiled a faster, more powerful iPhone yesterday in its first major product event in years without Steve Jobs presiding.

New CEO Tim Cook led the show after Jobs, who has been battling health problems, resigned from the post in August.

Cook, wearing a navy blue button-down shirt and jeans, opened by calling his nearly 14-year tenure at Apple "the privilege of a lifetime." Those in the audience clapped as he entered, but the reaction seemed more muted than what Jobs had recently received.

Cook said the iPhone 4, which came out in June 2010, sold more quickly than previous models, but Apple has just five per cent of the worldwide handset market.

Apple is hoping to grow that with a new model. The new iPhone 4S has an improved camera with a higher-resolution sensor. The processor is faster, which helps run smoother, more realistic action games. It's also a "world phone," which means that Verizon iPhones will be able to useable overseas, just as AT&T iPhones already are.

The new iPhone also comes with new mobile software, iOS 5, that includes such features as the ability to sync content wirelessly, without having to plug the device to a Mac or Windows machine.

iOS 5 will also be available on Oct. 12 for existing devices — the iPhone 4 and 3GS, both iPad models and later versions of the iPod Touch.

THE ASSOCIATED PRESS

Canada tops for business: Forbes

Forbes ranked Canada as the best country for business yesterday, moving up from fourth spot last year, helped by a lower overall tax burden.

"While the U.S. is paralysed by fears of a double-dip recession and Europe struggles with sovereign debt issues,

Canada's economy has held up better than most," the influential U.S. business magazine wrote.

Forbes noted that Canada ranked ninth among the 134 countries reviewed for tax burden compared with 23rd in the category for 2010.

Forbes ranked the countries based on 11 different factors including property rights, innovation, taxes, technology, corruption, investor protection and stock market performance.

THE CANADIAN PRESS

Yahoo targets women with new web series

Yahoo is launching a fall slate of shows in a bid to strengthen its original programming.

Yahoo Inc. announced yesterday that it will begin premiering seven new web series this week, all targeting female

audiences.

That adds to the approximately two dozen original series on Yahoo, which often pull in much higher viewership than other, higher-profile video hubs.

THE ASSOCIATED PRESS

No stimulus unless recession: Flaherty



► Flaherty

Finance Minister Jim Flaherty laid out what would have to happen before he would introduce new stimulus to support the economy and jobs: a new recession.

But Flaherty said he's "relatively confident" that will not happen.

"If we had some sort of world recession, that would change the picture dramatically," Flaherty said yesterday of the government's planned approach.

"But I'm relatively confident that what we're going to see in Canada is

modest economic growth over the next little while.

Flaherty said he was willing to throw overboard plans to balance the budget in four years if a slump hit Canada and more stimulus spending is needed.

THE CANADIAN PRESS

H&M workers aim to organize

The H&M store at the Square One Shopping Centre in Mississauga could soon be the first of the Swedish-based retailer's more than 50 outlets in Canada to be unionized.

The United Food and Commercial Workers

union said the Ontario Labour Relations Board has agreed to hold a secret-ballot certification vote at the Mississauga store on Thursday.

If successful in Thursday's vote, the union expects to be in negotiations with the company before Christmas, said UFCW representative Kevin Shimmin.

Scheduling and discrepancies in worker wages are among employees' concerns, he said.

THE CANADIAN PRESS

Market moment

Dollar	Natural gas 1,000 cu ft
↓	\$3.638 (+ 2.1¢)
- 1.14¢ (94.2¢ US)	Gold \$1,616.00 (- \$41.70)
Oil	TSX
↓	↓
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JUST SAYIN' ...

PAUL SULLIVAN
METRO



falo Springfield's For What It's Worth. It was written by Stephen Stills, who went on to Crosby, Stills, Nash & Young fame, and then went on to become old and fat, like most of the other citizens of Woodstock Nation.

But, as my grandma used to say, if you hang around long enough, history will repeat itself, like beans for dinner.

My grandma may have been a bit rude, but she was right. There's a new protest movement in town. It's called Occupy Wall Street, and if the youth of today weren't so prejudiced about classic rock, Steve's song would fit right in: There is somethin' happenin' here ... and what it is ain't exactly clear. And that's putting it mildly.

Occupy Wall Street started small in a park near the New York Financial District when 100 people were arrested for being obnoxious on or about Sept. 24, and has grown daily, spreading to other cities in the U.S., Europe and Japan and, of course,

Canada, which never wants to be left out.

Occupy Wall Street Nation, spawned by the children of the boomer citizens of Woodstock Nation, is an eerily accurate echo of the original. Stylish, young, technologically hip protesters drape themselves over iconic real estate uttering incoherent slogans.

Back then it was "Smash the state" and "Hell, no, we won't go" and "One, two, three, four — what are we fightin' for?" etc. Today it's "Honk if you're in debt," "Tax the rich," "99 per cent" (as in, 99 per cent are poor; one per cent are rich) and "Compassion is evolutionary" ... whatever that means. Slogans and stylin' are more important than policy, which is, after all, complex, boring and contentious. Ee-yew.

Like Woodstock Nation, Occupy Wall Street Nation is a shambolic coalition of leftist ideologues, all-over-the-map "anarchists," actual poor people struggling to make ends meet, and students who naturally support any movement featuring free smoke, free pizza and a chance to meet beautiful people with bells on their toes and rings in their noses.

There's still part of me that wants to stick it to the Man, just like I did back in 1970. Until I remember that I am the Man, man, which is a bummer. When did I get to be the Man? When I got a job? Grew up? Had a family? All of the above?

How about that? Four decades later, and it still ain't exactly clear ... for what it's worth.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

"There's somethin' happenin' here. What it is ain't exactly clear."

That's the opening line from the most famous protest song of the '60s, Buffalo Springfield's For What It's Worth. It was written by Stephen Stills, who went on to Crosby, Stills, Nash & Young fame, and then went on to become old and fat, like most of the other citizens of Woodstock Nation.

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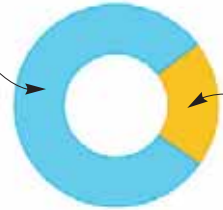
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NONE — MUCH
LIKE THE OUTFITS



20%
T & A (TOTALLY
AND
ABSOLUTELY)

Letters

RE: *Gaga takes her case to Obama, published Sept. 28*

After reading this article I felt the same way as Lady Gaga, that bullying should be a hate crime.

Throughout life you always get people saying, "It's just a part of growing up, it builds self-esteem, they like you, just ignore it, just toughen up, just forget it."

Those are some of the things people say, but it's not that easy. There's a poster at my school I really like because it says, "Whoever said don't run from your problems never had to face a bully."

It is hard to go through life with a bully or a memory of a bully on your back.

Bullying can lead to many awful things in life. So many people don't take bullying seriously, including teachers and other adults. If a kid is bullied in school and tells a teacher and the teacher doesn't do anything about it, they're basically saying, "Go ahead, you can bully — it's OK to be mean to someone." However it's not OK. It is completely wrong and people don't know the effects it can have on a person.

GINA VISSER, VANCOUVER B.C.

Cranberry. Harvest



► Miguel Sandel of Middleborough, Mass., rakes cranberries into a loading tube during an afternoon harvest at the Hannula cranberry bogs in Carver, Mass., yesterday.

CHARLES KRUPA/THE ASSOCIATED PRESS

Photo of the day

Massachusetts cranberry farmers are expecting a robust crop this fall. Researchers said that growing conditions this summer were optimal, with enough hot days interspersed with the right amount of rain.

WEIRD NEWS

Trekking on an 87-year-old mystery

A proposed expedition to Mount Everest later this year could solve an 87-year-old mystery: Did two British adventurers, George Mallory and Andrew Irvine, reach the top of the mountain?

Mallory and Irvine began their assault on June 6, 1924. They were last spotted around 1 p.m. on June 8, climbing an obstacle. They were, according to Scientific American, less

than a kilometre from the summit. And then the weather turned bad and they were never seen again.

Their disappearance has prompted many in the climbing community — and beyond — to speculate on what happened to the pair. More than a half a dozen expeditions have scaled Everest over the years to find the missing men and write the final chapter in their mysterious demise.

The tale of these two climbers has long fired the imagination of Tom Holzel, an Everest historian, climber and American businessman. He's the man behind the latest expedition, which is supposed to head out in December.

TORSTAR NEWS SERVICE

2

scene

Scene in brief



One for all and all for one: Athos, Porthos and Aramis were swashbuckling their way down the red carpet in London for the world premiere of *The Three Musketeers* in 3D. The trio of actors taking on the legendary characters — Matthew Macfadyen, Ray Stevenson and Luke Evans — were joined at yesterday's launch by Logan Lerman, who plays their hot-headed colleague, D'Artagnan.

THE ASSOCIATED PRESS



Ralph Fiennes, David Cronenberg to receive career honours at London Film Festival

Clooney waxes political

► Ides of March reflects cynicism of the times, says actor-turned-director ► That's 'probably good'



► Presidential politics: George Clooney directs and stars in *Ides of March*.



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METRO WORLD NEWS IN HOLLYWOOD

George Clooney's new film, *Ides of March*, takes what some might call a cynical look at the state of American politics, but that doesn't mean the director and star — ever the optimist — has given up on the system all together.

"I think it's cyclical," he says. "I think we're at a period of time where it's probably not our best moment in politics, but if you look at the things Jefferson and Adams did to each other, the 1800 election was pretty rotten and evil. Things change and are cyclical, so I'm hopeful."

The film, based on Beau Willimon's play *Farragut North*, follows an idealistic young campaign worker

(Ryan Gosling) whose work for a charismatic candidate (Clooney) during the Democratic primary opens his eyes to the underbelly of politics.

But as much as campaign signs and Beltway jargon make up the scenery of *Ides of March*, Clooney wants to make clear that this is not a political film — at least not the way he sees it.

"I thought of this as a film about moral choices, not about political strife," he says. "I thought it was a fun moral tale, and once you put it in politics it sort of amps up the problems. There isn't a person you have met that hasn't been met with moral questions. Everyone makes moral choices to better themselves and hurt others along the way, whether the

means justifies the ends."

In fact, he maintains, the political setting is actually incredibly incidental — especially considering current events. "It could have been better in Wall Street," he offers.

With acclaimed films like *Confessions of a Dangerous Mind* and *Good Night and Good Luck* on his resumé, Clooney is proving just as adept as a director as he is as an actor.

So how different is the Clooney behind the camera to the one audiences know? Not very.

"He's pretty much the same guy as George Clooney the actor," he jokes. "Basically the same height, same hair. Pretty much the same."

As for his on-camera work for the film, surely Clooney used some real-life

models in portraying a top-ranking politico, right? Not so much, he insists.

"No, there really weren't" any existing public figures used for this basis of his character, Clooney says. "There's just so many ways to get in trouble with this answer. There were enough examples that we just picked little pieces of whatever we wanted."

But he maintains that viewers going out looking for those real-world corollaries are wasting their time. "People think it's about the John Edwards thing, but this was written before the John Edwards thing even broke," Clooney offers as an example.

It's all part of the perception problem people have with movies — especially political movies — and their place in culture,

Clooney explains.

"Films don't lead the way. In general it takes about two years to get a film made," he says.

"People think that films somehow are trying to lead society. Mostly we're reflecting the moods and thoughts that are going on in our country and around the world. If this film reflects some of the cynicism that we've seen in recent times, that's probably good. It's not a bad thing to hold a mirror up and look at some of the things we're doing. It's not a bad thing to look at how we elect our officials."

"I thought of this as a film about moral choices, not about political strife."

GEORGE CLOONEY

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Kournikova is no loser

► Former tennis star defends her sub-par record ► Says a winning attitude will help Biggest Loser contestants

MEREDITH ENGEL
SCENE@METRONWS.CA
METRO WORLD NEWS IN NEW YORK

How do you make the 12th season of a reality show feel fresh? By bringing in some fresh judges.

Season 12 of The Biggest Loser airing on Citytv, and stepping in where Jillian Michaels left her sneakers are tennis superstar Anna Kournikova and personal trainer Dolvett Quince. For Kournikova, the opportunity to coach instead of be coached was one she

didn't want to miss out on. "I was the one that went after this opportunity," the former No. 8 player in the world says. "I've used my body as a tool my whole life on a tennis court. Instead of listening to all the information that was thrown at me, (I'm now) voicing it to the contestants and sharing it with them."

The tough-girl training style of former coach Jillian Michaels was a hit with viewers, but Kournikova isn't stressed about taking over.

FILE PHOTO/GETTY IMAGES



► Anna Kournikova is now helping Americans lose weight on the show Biggest Loser.

"I didn't feel any pressure," she says. "I didn't feel like I was replacing anyone or trying to fill in

anybody's shoes. We all have our own styles. I'm not trying to prove myself by any means. I'm just

there to do my part of the job, which is train and educate the contestants about (a) healthy lifestyle."

For those viewers wary about Kournikova — a buxom blonde who hasn't found much recent success on the court — taking the reins, she's eager to set the record straight.

"Listen, I get criticized and judged all the time," she says. "But to be a top 10 tennis player in the world, I must have been doing something right. And I came from Soviet Union from really nothing. That's how I tell the contestants I can relate to them. I know what it's like to be judged and criticized, whether it's because of your weight or how you look. People have all these preconceived notions and I'm OK with that. The only thing I can control is I can work hard (and) be the best human being I can."

This season, contestants will face off in a Battle of the Ages competition, with Kournikova coaching the over-50 crowd.

"Obviously the older group is the most difficult for me because they have less energy. They're much more set in their own way so it's a lot more difficult to change someone's mentality who's in their 50s or 60s.

Regardless of the challenges, she says she got really invested in each contestant's personal growth.

"You literally become family with these people," she says.

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Cowell's ego takes a hit

X-Factor fails to reach Simon's lofty ratings goals Loses out to sitcom



Simon Cowell

Simon Cowell admits he regrets saying ratings less than 20 million for the U.S. version of The X Factor would be a failure.

The show's September debut earned 12.5 million viewers, which was less than the premiere of the comedy Modern Family, the leader of the night with 14.5 million viewers.

The X Factor held those

numbers for the second episode.

In week two, ratings hovered around 12 million viewers for each of the episodes.

"I'm not going to lie. I wanted 20 million when we launched," says Cowell, "but now I'm kind of back in the real world and I'm seeing this grow naturally. I'm as happy as I've ever

been."

The show is Cowell's baby. Besides being a judge on its panel, he is its creator and an executive producer.

"We're not in Russia where you have one show. This is life. If you're competitive and it spurs you on, I kind of get excited by it."

THE ASSOCIATED PRESS

TV watch list

Spreading the Modern success

TELEVISION Modern Family is sandwiched by a pair of shows. Suburgatory pokes fun at suburban life with a surprising sweetness, while Happy Endings — airing the second episode of its second season — is a buoyant comedy that is helped by the chemistry of its cast
Citytv, ABC

NBC embraces new comedies

SITCOMS Since when did Wednesday nights become such a hotbed for comedy? Well, it might have something to do with the introduction of two winning new NBC sitcoms, Free Agents and Up All Night.

NBC
THE CANADIAN PRESS

ORDINARY PEOPLE, EXTRAORDINARY CIRCUMSTANCES

THE ASSOCIATED PRESS

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA



If the premise of Real Steel sounds familiar, it's because the last time you saw it was in black and white, coming to you from the Twilight Zone.

"The Twilight Zone episode called Steel with Lee Marvin, written by Richard Matheson, was in the '60s," says Real Steel director Shawn Levy.

"It was about a robot boxing promoter, a guy who owns robots and fights them for money. From there we beefed it up."

In its original run the anthology series mixed and matched science fiction, comedy, supernatu-

ral and occult stories usually featuring ordinary people in extraordinary circumstances.

Hosted by Rod Serling, it was must see TV with a catchy theme song, which influenced thousands of writers and directors.

Three series and a movie have officially claimed the Twilight Zone name but dozens of other films have been either directly — or indirectly — inspired by the show.

Submitted for your approval, here is a list of movies that owe a debt to one of the greatest television shows ever.

The 1996 Kyle MacLachlan thriller The Trigger Effect was a reworking of a classic episode called The Monsters Are Due on Maple Street, which shows the effects of a power failure on a neighbourhood.

Named the best Twilight Zone episode by Time Magazine, the show is still shown in classrooms to illustrate how lethal a mix intolerance and panic can be.

The film pays tribute to its television roots by placing its main characters at the corner of Maple and Willoughby streets, a reference to another famous episode, A Stop at Willoughby.

The Cameron Diaz movie The Box was a remake of Button, Button, a story from the series' 1980 reinvention and Child's Play, the movie which introduced the murderous doll Chucky seems to have looked to a 1963 episode called Living Doll for inspiration.

Two towering artists of modern horror can count the Twilight Zone as seminal to their work.

The show perfected the use of the twist ending,

which M. Night Shyamalan would later incorporate into his work.

His most famous film, The Sixth Sense has echoes of Occurrence at Owl Creek Bridge, a 1964 episode about a man who is revealed to be dead.

In Danse Macabre Stephen King called the show "damn near immortal" and it's been hinted that his novel Christine (later made into a movie) was inspired by the driverless car episode A Thing about Machines.

Three series and a movie have officially claimed the Twilight Zone name but dozens of other films have been either directly — or indirectly — inspired by the show.



► Rod Serling pauses for a cigarette and coffee between scenes during filming of The Twilight Zone in 1961.

Nobunny could save Club

NBC's Playboy Club is closing early.

The network said yesterday it is cancelling its highly-publicized new drama, The Playboy Club, after only three episodes.

Its time slot will eventually be filled by Brian

Williams' new news magazine.

The Monday night drama, set in the 1960s, had only five million viewers for its first episode two weeks ago and kept losing viewers. Nielsen said the show had only 3.5 million

viewers this week.

It's the first cancellation of the new fall TV season.

Set in a Chicago club and evoking the era and attitude made fashionable by Mad Men, the drama was hurt by strong competition.

THE ASSOCIATED PRESS



► A scene from The Playboy Club.

MATT DINERSTEIN/NBC

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Doing what you have to do in Hollywood

► Thomas Jane talks about the seedy side of life as an aspiring actor in L.A.

Hung star Thomas Jane is being remarkably frank about his early days in Hollywood, telling the L.A. Times that he used to perform sexual favours for men to get by.

"When I was a kid out here in L.A., I was homeless. I didn't have any money and I was living in my car. I wasn't averse to going down to Santa Monica Boulevard and letting a guy buy me a sandwich. Know what I mean?" he reveals. "You're a lot more open to experimentation as a young man. And for me, being a young artist and broke in Los Angeles, I was exploring my sexual identity." • METRO



ALL PHOTOS GETTY IMAGES

Talking points

Pattinson says Twilight felt anti-climatic

SOUNDS LIKE A JEALOUSY ISSUE. With filming on the Twilight films behind him, Robert Pattinson admits he's a bit disappointed with how it all ended, according to Hollyscoop. When Pattinson and Kristen Stewart filmed their final scene, there was still another day of filming left for the crew.

"The wolves actually wrapped the whole movie, so our bit was such an anti-climax because it was the end of a week of night shoots," Pattinson says. "But they had the last ever day the next day. So when it was our last bit, no one clapped or anything." • METRO

Celebrity tweets



"Definitely did not get up in the middle and 'walk out of interview' contrary to headline on cnn.com. Answered last question and left."

@jennyMcCarthy



"Did you hear about the blonde lesbian? She keeps having sex with MEN!"

@conanobrien



"Ah, autumn in LA, when the stagehands spray the leaves such pretty colors."

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A dream come true

► Cruising on the Disney Dream ship a real treat for this Metro writer's little princess

RUTH ESTWICK
LIFE@METRONEWS.CA

When my four-year-old daughter Riley and I arrived at the Disney Dream's home port in Port Canaveral, Fla., we knew we were in for the vacation of a lifetime. In fact, Riley was convinced we were setting sail for Never Land!

In reality, we were boarding the newest vessel in the Disney Cruise line collection and setting sail for a two-day adventure to Disney's private island in the Bahamas; Castaway Cay.

The Disney Dream is the third ship in the Disney Cruise Line fleet.

Once aboard, we understood quickly why they named this classic ocean liner the Disney Dream. The name says it all: a breathtaking Grand Atrium, elegance and luxury on each deck, silhouetted by Disney character detail at every turn.

The staterooms, water-slides, restaurants, kids clubs and stage shows were classic Disney imagining.

We stayed in a spacious, Deluxe Oceanview Stateroom with veranda. Roomy enough to sleep four, this stateroom boasted a queen-size bed with below-bed storage, convertible sofa, split bath and private balcony.

Cruising is all about great food and we dined like Disney Princesses, as Riley would say.

The rotational dining approach allowed us to en-



COURTESY DISNEY

► The Disney Dream is a 'dream' for kids, but also has plenty to keep adults happy, such as lounges, nightclubs and fine dining.



► Ruth and Riley

world including Riley's favourite fish, pan-seared sea bass.

The Animator's Palate, the main dining room, was like being inside a Disney animation studio. The walls were adorned with tools of the trade, the interior magically transformed into a live under-sea, interactive adventure with Crush the Turtle from Finding Nemo.

And Crush got personal, dude. He would swim from tank to tank asking questions of the diners that generated some gnarly laughs. There were also many casual dining options on board.

Riley and I have so many Disney Dream memories including the spectacular Pirates of the Caribbean Show, a pirate-themed deck party that included pre-show games hosted by swashbuckling scallywags. The pirate show was so realistic that Riley was convinced we had entered Never Land and were captured by Captain Hook.

Following the show, Buccaneer Blast, a musical-synced fireworks show lit up the night sky.

Another of Riley's favourite memories? The Oceaneer's Club, an activity centre for kids aged

three to 10.

This supervised play centre is home to Disney-style imaginative worlds. And while the little buccaneers are at play, there is a lot to do for the adults.

The District is an adults-only entertainment area, complete with lounges and nightclubs.

Riley and I landed back home with a trunkful of memories.

My most cherished? My little girl cuddling up to me midship in an oversized golden throne on our final day and whispering that her favourite part of this magical journey was spending time with me.

3
life

Travel in brief



With a little research and planning, family trips can be fun-filled and hassle-free. Plan Ahead: Use the Internet, travel guides and personal recommendations to research attractions, book a hotel or reserve tickets.

Frequent Stops: For long road trips schedule regular stops along the way. Double Check: Before you depart ensure the entire family has everything they need.

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TORSTAR NEWS SERVICE

DREW SCOTT: WHISTLER, B.C.

Being a Vancouver Boy, Whistler is one of my favourite spots in Canada as it's an outdoor wonderland. In less than 3.5 hours you can be outside in the summer hiking the trails, mountain biking through the paths, or canoeing on The River of Golden Dreams. For winter fun you'll find me on the ski hills, and if my legs get too tired from snow



The Property Brothers

boarding I'll try to take in a movie or two at the Whistler

Film Festival. All-new episodes of Property Brothers begin with the Season 2 premiere tomorrow at 9 p.m. ET/PT on W Network.



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INCLUDES central accom.

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Harvest sweets

► Pumpkin & cranberries are ideal ingredients for fall desserts ► Try these Pecan Pumpkin Gingerbread Whoopie Pies and Pumpkin Sticky Toffee Puddings

Preparation:

1 Heat oven to 180 C (350 F). Line 2 large baking sheets with parchment paper.

2 In a bowl, sift flour, baking powder, baking soda, salt, cinnamon, ground ginger, cloves and allspice. Set aside.

3 In bowl of electric mixer, beat butter, oil, brown sugar, molasses and vanilla. Add orange zest, candied ginger and eggs, beat to combine. Beat in pumpkin puree. Stir in flour mixture until thoroughly mixed.

4 Drop dough in mounds (50 ml/1/4 cup for large or 30 ml/2 tbsp for small) onto prepared baking sheets, leaving several centimetres/inches between each for spreading. You should make 20 or 40 cakes, depending on whether you want small or large whoopie pies. Bake for 15 to 20 minutes or until cakes feel slightly firm to the touch. Let fully cool before filling.

Ingredients:

Cakes

- 550 ml (2 1/4 cups) all-purpose flour
- 5 ml (1 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- 5 ml (1 tsp) salt
- 5 ml (1 tsp) cinnamon
- 10 ml (2 tsp) ginger
- 2 ml (1/2 tsp) cloves
- 2 ml (1/2 tsp) ground allspice
- 125 ml (1/2 cup or 1 stick) unsalted butter, room temp
- 125 ml (1/2 cup) vegetable oil
- 500 ml (2 cups) packed dark brown sugar

- 45 ml (3 tbsp) molasses
- 5 ml (1 tsp) vanilla extract
- Zest of 1 orange
- 30 ml (2 tbsp) minced candied ginger
- 2 eggs
- 1 can (398 ml/14 oz) pumpkin puree

Filling

- 2 pkgs (each 250 g/8 oz) cream cheese
- 250 ml (1 cup) Marshmallow Fluff
- 125 ml (1/2 cup or 1 stick) unsalted butter, room temp
- 125 ml (1/2 cup) packed brown sugar
- 5 ml (1 tsp) vanilla extract
- 250 ml (1 cup) toasted chopped pecans



► This recipe makes 12 puddings.

Pumpkin Sticky Toffee Puddings With Cranberry Caramel

"Who doesn't love a warm, ooey-goey, delicious autumn-spiced toffee pudding that's got the caramel

sauce with cranberries? The tart of the cranberries and the sweetness of the caramel, warm with all those autumn spices throughout that cake is delicious," chef Lynn Crawford says enthusiastically of her creation.

Preparation:

1 Preheat oven to 200 C (400 F). Spray muffin pan with non-stick cooking spray.

2 Puddings: In bowl, whisk flour, baking pow-

Cranberry Caramel Sauce

- 250 ml (1 cup) sugar
- 45 ml (3 tbsp) heavy cream
- 45 ml (3 tbsp) unsalted butter
- 45 ml (3 tbsp) dried cranberries

Garnish

- 250 ml (1 cup) whipped cream
- 50 ml (1/4 cup) dried cranberries

Ingredients:

Puddings

- 500 ml (2 cups) all-purpose flour
- 10 ml (2 tsp) baking powder
- 1 ml (1/4 tsp) baking soda
- 5 ml (1 tsp) cinnamon
- 3 ml (3/4 tsp) ground ginger
- 0.5 ml (1/8 tsp) ground allspice

- 0.5 ml (1/8 tsp) ground cloves
- 2 ml (1/2 tsp) salt
- 125 ml (1/2 cup) unsalted butter, melted and cooled
- 175 ml (3/4 cup) packed light brown sugar
- 175 ml (3/4 cup) canned pumpkin puree
- 50 ml (1/4 cup) buttermilk
- 2 large eggs
- 5 ml (1 tsp) vanilla extract
- 125 ml (1/2 cup) dried cranberries



► This recipe makes 10 small or 20 large whoopie pies.

5 Filling: In bowl of electric mixer, beat together cream cheese, Fluff, butter, brown sugar and vanilla until smooth. Drop a large spoonful onto flat side of half of the cakes. Use a second cake to top each, press-

ing flat sides together.

6 Place pecans in a large, wide bowl, then roll edge of each whoopie pie in pecans to coat. Refrigerate in an airtight container.

THE ASSOCIATED PRESS

der, baking soda, spices and salt. In a separate bowl, whisk butter, brown sugar, pumpkin puree, buttermilk, eggs and vanilla. Add to dry ingredients and stir until combined. Divide batter among muffin cups. Bake until tester comes out clean, about 20 minutes. Let cool in pan before turning out.

3 Sauce: In saucepan, cook sugar over medium-low heat, stirring until melted. Cook caramel, gently swirling pan, until deep golden.

Remove from heat and carefully add cream and butter. Return to heat and simmer, stirring, until caramel is dissolved. Remove from heat and stir in dried cranberries.

4 To serve, slice puddings horizontally in half. Pour cranberry caramel sauce between layers. Top with a large spoon of whipped cream and a sprinkle of dried cranberries.

THE CANADIAN PRESS/
LYNN CRAWFORD

Drink of the week

Key Lime Smoothie

Treat yourself to a taste of the tropics with this smoothie. Featuring heart-healthy walnuts and chock-full of omega-3s and fibre-rich avocado, this breakfast replacement will give you the fuel you need.

- 1/2 avocado
- 1/2 small banana
- 175 ml (3/4 cup) cold water
- 75 ml (1/3 cup) walnuts, chopped into halves or crumbs
- 75 ml (1/3 cup) low-fat coconut milk
- 30 ml (2 tbsp) honey
- Juice of 1 fresh lime

In a blender or using a hand blender, combine all ingredients and process until smooth, about 1 min.

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The Fickle Frog Pub has a great location on Spring Garden Road.

THE FICKLE FROG IS NOW OPEN

Newly opened on Spring Garden Road, The Fickle Frog Pub is establishing a reputation as a place with great food and great people. From the moment patrons enter, they will feel comfortable because of the friendly staff and tastefully decorated surroundings.

"We're trying to be that place where you can meet people, come in and feel comfortable," says Helen Davenport, the owner of The Fickle Frog.

Located where Gatsby's used to be (at 5675 Spring Garden Rd.), The

Fickle Frog is centrally located. The facility has been refurbished and is now capable of seating larger groups. There is even a private room that can be rented out.

"It has its own private bar and it is available for meals or meetings with food for up to 40 people," notes Davenport.

The food offerings at The Fickle Frog are exceptional, extensive and reasonably priced. No food is deep-fried and the pizzas and pastas can be

made gluten-free. There are also many vegetarian and seafood offerings.

For beer lovers, the draft beers on tap include many local offerings from Garrison, Granite and Propeller.

Value is an important characteristic of what is being offered at The Fickle Frog. Every night of the week, there are specials that Davenport describes as "fantastic offers."

Outside of that, there is much value to be found on the menu. For pizza lovers, \$3 pizza wedges (slices) are

handmade and offered all the time. For an extra \$2.50, people can add either a house or Caesar salad to that.

Davenport says The Fickle Frog is also a great place for families to come and the pub does have a children's menu.

On weekends and holidays, The Fickle Frog offers brunch and build-your-own items, such as burritos, fritattas, calzones and quesadillas.

"It's great for the pickiest of eaters," says Davenport.



THE FICKLE FROG EVENTS/SPECIALS



MAD MONDAY	TUESDAY	WACKY WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	STUD SUNDAY
32 oz SLEEMAN STEIN AND 3 SLIDERS \$10	TOONIE TACOS (\$2 EACH) ----- TEQUILAS (\$4 EACH) ALL NIGHT LONG	PIZZA & 60 oz JUG OF SLEEMAN \$19.95	STARVING STUDENTS ALL U CAN EAT SPAGHETTI \$7 & PINT OF SLEEMAN \$3.75	FROSTY 32 oz STEIN OF SLEEMAN \$7.50 ----- 1 LB MUSSELS \$4.95	ULTIMATE GIRLS NIGHT MARTINIS & COCKTAILS \$6	THE GAME, THE BEER, THE FOOD CHILI \$5 ----- 5 BOTTLES OF SLEEMAN \$20

Sleeman Breweries would like to wish The Fickle Frog Pub continued success in the future. We look forward to a great relationship!



The Fickle Frog Pub's staff are friendly and welcoming.

MORE THAN JUST BEER ON TAP

The Fickle Frog Pub is a place to be with its excellent assortment of daily events, which take place from 4 p.m. to 2 a.m.

"We're doing all kinds of events and specials," says Helen Davenport, the owner of The Fickle Frog.

On Mondays, steiners and sliders are the special, with three sliders and a 32 oz. mug of beer selling for \$10.

Tuesdays are karaoke night in the back bar.

"It's very popular," says Davenport.

Tuesday is also popular for its toonie tacos and \$4 tequila shots.

For pizza and beer lovers, Wednes-

day is a great day at The Fickle Frog. A 12-inch pizza and pitcher of beer sell for \$19.95.

Thursdays are dubbed "Starving Student Specials," and with good reason. An all-you-can-eat serving of spaghetti is going for \$7, while pints of beer are \$3.75.

Fridays are the perfect day to end the workweek with \$7.50 steiners. Fans of mussels will be happy to know mussels are on special for \$4.95 as well.

For martini connoisseurs, double martinis are on special for \$6 during Saturday's Ultimate Ladies Night. For nacho lovers, double nachos are \$15.

As the week comes to an end, Sundays are the perfect place to watch some football on one of the many flat screen TVs at The Fickle Frog.

Nothing goes better with football and chilly fall weather than, well, some chilli. It sells for \$5 and five bottle buckets of beer are available for \$20. Touchdown!

RENOS MAKE PUB COMFY

Step inside the doors of The Fickle Frog Pub on Spring Garden Road and one will see a change from the establishment that was located there before, Gatsby's. Gone are the many small booths that lined the right side of the pub; these have been replaced by more of an open seating concept.

"We're now able to seat more people and groups," says Helen Davenport, the owner of The Fickle Frog.

Whether it's seating for two or 12, The Fickle Frog can accommodate.

The establishment has received a

facelift in other ways too. Flat screen TVs hang over the bar and are perfect for watching sports. The right side of the pub is now filled with a 50-foot series of original artwork, painted by local artist Sheena Dickinson.

"The artwork has added colour and vibrancy to the bar and to have a custom series painted is special," says Davenport.

With its location at 5675 Spring Garden Rd., the outdoor patio offers the perfect place to sit back, have a drink and watch the many people and vehicles that pass through one of the city's most popular thoroughfares.



Local artist Sheena Dickinson has painted a 50 foot long piece of original artwork for The Fickle Frog Pub.

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The Fickle Frog Pub offers traditional pub food with a twist.

'NOT YOUR TYPICAL PUB FOOD'

A quick look at the menu of The Fickle Frog Pub will leave customers with a distinct impression.

"It's not your typical pub food, it's pub food with a twist," says Helen Davenport, the owner of The Fickle Frog.

One example is the chicken wings, a traditional staple of pub food. However, the chicken wings are oven roasted, which is an important thing in today's health-conscious world. (In fact, The Fickle Frog does not deep-fry any of its foods.)

Pizza and pasta are also on the menu, but for the gluten-free consumer, they can be prepared gluten free.

Davenport credits the enthusiasm and fresh approach to the kitchen staff for the inspired menu being offered.

"We have a young, forward looking kitchen team who are terrific," she says.

Some of the popular menu items include the Fickle Frog Special Salad, an artisan salad with fresh market veggies, carrots, peppers, mushrooms and the signature house dressing. The dressing is sweet, delicious and very original.

"Our customers rave about it," says Davenport.

Another popular menu item is the 2 in 1 pizza.

This pizza is a hybrid of garlic fingers and pizza and features three rings. The outer ring has pizza, the second ring has garlic fingers, while the most inner ring has dipping sauce. (It looks like a bulls-eye or an eyeball.)

The menu pricing is also very fair.

"We offer quality fresh food at reasonable prices," says Davenport.

GET READY FOR FROGTOBERFEST

While people may associate the month of October with Oktoberfest, The Fickle Frog Pub will be holding Frogtoberfest from Oct. 6 to the end of the month.

Menu offerings for Frogtoberfest will include German pizza topped with sausage and sauerkraut. There will also be special hamburgers made. After all, the word hamburger owes its origins to Hamburg, Germany.

Just as beer is important to Oktoberfest, it is important to Frogtoberfest. Large chilled 32 oz. steins of beer will be offered for \$5.



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STUDENT VOICE

MANWAR KHAN
TALENTEGG.CA

I graduated from the University of Lethbridge with a BSc in computer science. The IT job market is a dog-eat-dog world and I always knew that a simple BSc degree would not be enough to get my foot in the door, which is why I decided to enhance my degree with co-op experience.

A university education teaches you theory, whereas a co-op lets you apply those theories to the real world. I contacted the U of L career centre, researched potential employers and applied to the positions that appealed to me.

I completed a 12-month co-op work term with the Government of Alberta as a project assistant for the Ministry of Employment and Immigration.

Throughout my work term, I was pleasantly surprised with the challenging work and the level of responsibility I was given. My colleagues valued the work I did and my supervisor always encouraged me to take advantage of any learning opportunities.

This co-op experience added significant value to my university studies and gave me a head start in my career. A co-op work-term often serves as a "test drive" for both employers and students to evaluate if



Manwar Khan

they're suitable for employment upon graduation.

My advice to fellow students and recent graduates is to look for a position that offers you an opportunity for learning and advancement. Research the employer you want to work for so you are able to articulate what you can bring to the table and what you hope to achieve from the experience.

My advice to schools and career centres is to increase awareness of co-op. Employers should provide co-op students with more responsibilities that are relevant to their field of study. In order to do that, employers should plan the experience in advance so that, whenever possible, levels of difficulty and responsibility increase as the student develops new skills. With a little bit of

responsibility, a confident and enthusiastic student can make a difference.

Where I am now

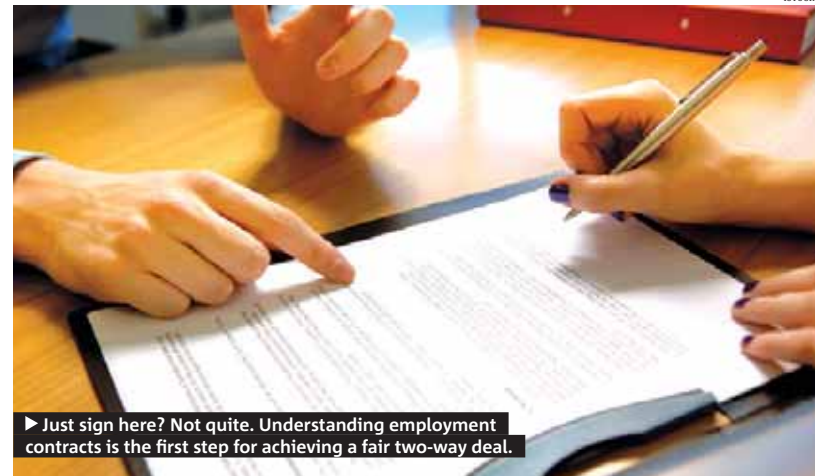
During my last semester, I received a job offer from a major energy company as an IT analyst.

But that was not my dream job. Ever since my co-op work term with the Government of Alberta, I've wanted to work in the public sector. So when the Ministry of Employment and Immigration office offered me a position as a business analyst a year later, I seized the opportunity. I provide consulting and project leadership services in order to meet business needs.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

SUBMITTED

'KITCHEN SINK' APPROACH TO CONTRACTS CAN FAIL



Just sign here? Not quite. Understanding employment contracts is the first step for achieving a fair two-way deal.

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADA
EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN



This is the tale of two recent appeal cases, which together confirm my "Kitchen Sink" theory on employment contracts. That is, employers often bargain for excessive protection, no matter how junior or administrative the employee. However, in seeking such protection, they sometimes get none at all.

In 1992, Tom Mason signed an employment contract with his employer Chem-Trend Ltd., which

contained a non-compete clause preventing him from dealing with its customers for one year after he left the company.

Mason did not hear about the contract again until 17 years later when he was suddenly fired.

When Mason learned that companies were hesitant to offer him jobs, fearful they could be sued due to his non-compete clause, he went to court to ask that it be declared invalid.

An Ontario judge concluded that the clause was clear and that Mason was bound by what he signed.

Employers collectively sighed in relief since most court cases strike down these clauses based on the courts' interpretation of what is fair, and not what the contract actually states.

Mason appealed and

that is exactly what the Ontario Court of Appeal found. Chem-Trend's contract was drafted in a manner that was unfair to Mason and consequently, it was invalid.

Similarly, the Alberta Court of Appeal recently refused to enforce the non-compete clauses in the employment contracts of three traders at the foreign exchange firm Globex.

What is important about this case is not the fact that the contracts were struck down but the Court's ruling that an employee who is wrongfully dismissed should be relieved from complying with post-employment restrictions, such as a non-compete or non-solicit clause regardless of how they are drafted.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

What I learned

Key take-aways from Manwar's experience:

- Research employers to find out which ones offer what you're looking for, whether it's training, mentorship, lots of responsibility — or all of the above.
- Test drive employers during co-op terms and internships to see if you like them (and if they like you).
- Try to work in a variety of industries and organizations to find out what kind of work you enjoy doing.

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18 minutes to a better me

► In his new book, author Peter Bregman explains how to avoid the 'golden ring of procrastination,' find your focus and get things done

MEREDITH ENGEL
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Many of us have had days when 5 p.m. rolls around and we have little to show for it.

In his new book, *18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done*, management consultant Peter Bregman teaches that it's not about tackling everything on our plate — it's about choosing what to put our energy into.

"We love to procrastinate, and distraction is the golden ring of procrastination because we think we are getting things done," he says.

"We are answering 40 emails and we think we

have been incredibly productive until we stop and say, 'Did I really need to answer all of those emails?' In a world that will take what it can from us, we need to be more strategic than ever about what we want to give it."

His 18-minute plan can help you figure out how to best manage your workday.

Take five minutes in the morning:

"The five minutes in the morning is to get centred and ask yourself, 'What is it that I most want to accomplish today?' I transfer those things onto my calendar. There is a tremendous amount of evidence that points to the fact that if you decide when and where you are going to do

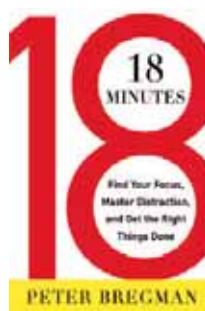
something, you'll do it. If you just say, 'I am going to do it sometime today,' you won't end up doing it. So there I am really deciding what I want to get done and where I am going to do it."

Take one minute every hour:

"Every hour I stop for one minute and ask myself two questions: 'Am I spending my time in the right way right now?' And: 'Am I being who I most want to be right now?' Those two questions end up being this fantastic productive interruption. Those questions will bring me back to 'What is that I am trying to accomplish for the day?'"

Take five minutes at the end of the day:

"At the end of the day I



spend five minutes and ask myself, 'What did I learn from today? What worked, what didn't work?' Then also, who I want to ask a question to, who I want to update, who I want to thank for something they did to me. I think of these as my gratitude minutes."



► It only takes minutes a day to manage your workday.

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- Proven problem resolution skills and ability to multi-task
- Accustomed to working within strict timelines while ensuring safety first at all times

Qualifications:

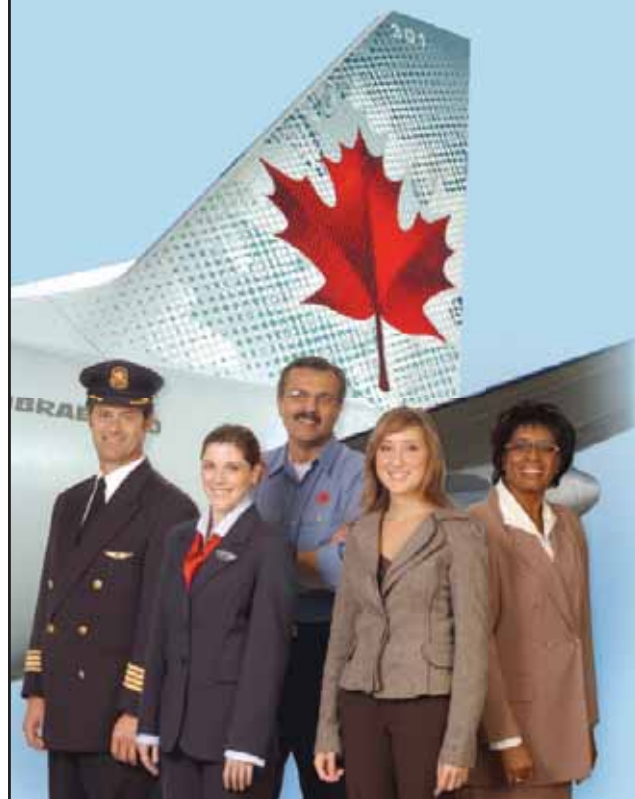
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AIR CANADA 

A STAR ALLIANCE MEMBER 



► Boudreau on a hot streak as Mooseheads host Moncton Wildcats at Metro Centre tonight at 7 p.m. ► Mooseheads have lost back-to-back games and sit last in QMJHL standings

QMJHL standings

MARITIME DIVISION				
	W	L	O	Pts
CAPE BRETON	6	3	0	12
MONCTON	5	5	0	10
SAINT JOHN	5	4	0	10
P.E.I.	3	5	1	7
BATHURST	3	7	1	7
HALIFAX	3	4	0	6

EAST DIVISION				
	W	L	O	Pts
BAIE COMEAU	8	1	0	16
VICTORIAVILLE	7	3	0	14
SHAWINIGAN	7	3	0	14
RIMOUSKI	5	4	0	10
QUEBEC	4	2	2	10
CHICOUTIMI	3	3	4	10

WEST DIVISION				
	W	L	O	GB
ROUYN-NORANDA	4	4	1	9
VAL-D'OR	4	5	1	9
DRUMMOND.	4	5	0	8
BLAINVILLE-BOIS.	4	6	0	8
GATINEAU	4	5	0	8

MOOSEHEADS

STATISTICS

* Rookie	GP	G	A	Pts
*MACKINNON	7	2	8	10
ASHLEY	7	3	6	9
CIAMPINI	7	5	3	8
BOUDREAU	7	5	2	7
CRITCHLOW	7	0	5	5
*DESMOND	6	3	1	4
DESIARDINS	5	2	2	4
GILLARD	7	0	4	4
RANDELL	7	2	0	2
*SHEWFELT	7	1	1	2
ABELTSHAUSER	3	0	2	2
GRENIER	3	0	2	2
CUZNER	7	0	2	2
*FALKENHAM	2	0	1	1
ANDREWS	3	0	1	1
COTE	7	0	1	1
LEWIS	7	0	1	1
HANNAY	3	0	0	0
*HARDIE	7	0	0	0

GOALTENDERS

	GP	W-L	GAA	SV%
*FUCALÉ	4	1-1	3.24	.860
TERENZIO	5	2-3	4.48	.851

Return from injury

Halifax Mooseheads rookie right-winger Ryan Falkenham has returned to practice and could be back in the lineup this week. The 16-year-old has been out since Sept. 10 with a knee injury.

"He should be back soon if it's not (on Wednesday)," said Mooseheads head coach Dominique Ducharme. **► MATTHEW WUEST**



► Matthew Boudreau, sporting his old No. 20, goes in alone on P.E.I. Rocket goaltender Evan Mosher last season.

Moosehead forward changes number, attitude



MATTHEW WUEST
@METRONEWS.CA

For Matthew Boudreau, changing jersey numbers from No. 20 to seldom-used No. 57 was a simple matter of arithmetic.

"I wanted a change — I always had No. 12 (in midget AAA) and five plus seven is 12," the Halifax Mooseheads forward said. "I like the change and I think I've worn it pretty good so far this season."

All of the 18-year-old's numbers have been adding up lately. He is among the Mooseheads' top offensive guns through seven games with a team-best five goals and with two assists.

The five-foot-nine, 163-pound centre says he got stronger, slimmer and

"I think I got a bit stronger, and I got a little bit slimmer. I lost a few pounds, but I'm a bit quicker than last year and that helps me a lot because I'm a little player."

MATTHEW BOUDREAU, ON THE OFF-SEASON WORK HE DID

quicker in the off-season and parlayed a good training camp into ice time on the team's scoring units and power play.

Most recently, Boudreau has skated on a line with Gabriel Desjardins and Darcy Ashley.

"I trained a lot this summer — I knew what to work on to come ready to camp," the Saint-Eustache, Que., native said. "I'm a lot more confident this year and I have a little bit more responsibility, too."

Boudreau, who the Mooseheads drafted in the

third round in 2009, has always been known for his puck skills. He was one of the most prolific scorers at the Quebec midget AAA level at ages 15 and 16 and showed flashes of that talent in the QMJHL with an 18-point rookie season.

But as a sophomore, it's what he's doing without the puck that's helped him succeed.

"With him, it's not a matter of skill — he's got that," said head coach Dominique Ducharme. "It's just to be moving, to be involved, and not being stationary."

Matching No. 57

The following NHLers currently wear No. 57:

- Blake Comeau, Islanders
- Tyler Myers, Sabres
- David Perron, Blues
- Ben Smith, Blackhawks
- Tommy Wingels, Sharks

Boudreau's improved habits in those areas could help him approach point-per-game territory, Ducharme said.

"He's doing a good job," Ducharme said. "If he can be even more consistent on that, he's going to be able to keep the same pace or even better."



For live tweets from tonight's game, follow @metroqfiles on Twitter.

4

sports

More sports



LOWER SACKVILLE'S NKEM EZURIKE HAS BEEN NAMED NCAA BIG 10 WOMEN'S SOCCER CO-OFFENSIVE PLAYER OF THE WEEK. THE SOPHOMORE FORWARD SCORED ALL THREE OF THE MICHIGAN WOLVERINES' GOALS IN A PAIR OF WEEKEND WINS AND NOW HAS SEVEN GOALS IN 13 GAMES, EIGHTH IN THE CONFERENCE.



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NBL CANADA

NBA's Moon joins Kebs' camp

Former Toronto Raptor Jamarion Moon is working with the Quebec Kebs of the National Basketball League.

"To confirm, at this point Jamarion Moon will join the Kebs at vet camp to practice with the



team, stay in shape, and assist Coach (Robert) Spon," the

league tweeted yesterday. The 31-year-old forward has played in the NBA for four seasons with Toronto, the Miami Heat, Cleveland Cavaliers and Los Angeles Clippers.

In that time, Moon has averaged 6.4 points and 4.3 rebounds per game.

THE CANADIAN PRESS

NBA pre-season lost as talks fail

NBA commissioner David Stern floated it as an idea more than a firm proposal: a 50-50 revenue split.

"They said, 'We can't do it,'" was the union's response according to Stern.

The NBA shelved the rest of its pre-season schedule yesterday and will wipe out two weeks of the regular-season if there is no labour agreement by Monday.

"We were not able to make the progress that we hoped we could make and

we were not able to continue the negotiations," Stern said after nearly four hours of talks between owners and players ended without gaining ground on a new deal. No further meetings are scheduled.

Stern and Deputy Commissioner Adam Silver said owners offered players a 50-50 split of basketball-related income. The players were guaranteed 57 per cent under the previous collective bargaining agreement. **THE ASSOCIATED PRESS**



► The Rangers celebrate their American League Division Series win over the Rays yesterday in St. Petersburg, Fla.

Rays' luck expires

► Rangers' Beltre helps oust Tampa Bay with historic day at the dish

4

RANGERS

3

RAYS

This is what Adrian Beltre envisioned when he signed with Texas in the off-season. Balls jumping off his bat in October, the Rangers making another run for the pennant.

Beltre hit three straight home runs and the defending AL champions advanced again, beating the Tampa Bay Rays 4-3 in Game 4 yesterday to win their playoff matchup.

Beltre put on a show that few others have matched, helping Texas take the best-of-five series and ending the Rays' remarkable run to the wild-card spot. Tampa Bay overcame a nine-game deficit against the Boston Red Sox in the wild-card standings in September.

"From my point of view,

Texas gave me the best chance to put a ring on my finger," Beltre said. "And I am just two steps away from it. Hopefully that happens."

Ian Kinsler led off the game for Texas by homering on the second pitch from rookie Jeremy Hellickson.

Beltre came into the game in a 1-for-11 slump before breaking loose for maybe his best day as a pro.

"I think besides my first

National League

Pinch-hitter Ben Francisco broke open a scoreless game with a three-run homer in the seventh inning and closer Ryan Madson earned the save as the Philadelphia Phillies beat the St. Louis Cardinals 3-2 last night for a 2-1 lead in their NL playoff series.

big league hit, this is right up there," said the slugger, who spent last season with the Red Sox.

Beltre became just the seventh player to homer three times in a post-season game, and the first since Adam Kennedy of the Angels in 2002.

Beltre connected in his

first three at-bats. Given a chance to tie the big-league record of four homers in a game, he hit a routine fly-out in the eighth.

Neftali Feliz gave up a run in the ninth inning before closing for his third save of the series, preserving the victory for Matt Harrison.

Beltre hit solo shots off Hellickson in the second and fourth innings, and added another solo drive against Matt Moore in the seventh.

Sean Rodriguez scored all three runs for the Rays. He drew a one-out walk and scored on Casey Kotchman's single in the ninth, but Feliz retired the next two batters.

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Engine

Toyota is sticking with the familiar 106-horsepower 1.5-litre four-cylinder and five-speed manual transmission.

The optional four-speed-automatic is lighter than before and features reduced friction, but offers negligible improvement in fuel economy.

The Yaris's current 7.0 l/100 km city and 5.7 highway rating with the four-speed automatic is nowhere near category leading, but a gasoline-electric hybrid that's apparently being readied for a 2012-calendar-year introduction could elevate the Yaris to the head of the pack.

More cargo space

Overall length has been increased by about 7.5 centimetres, with much of that stretch occurring between the front and rear wheels where it aids passenger and cargo volume, the latter increased by up to 68 per cent, according to Toyota.

Despite the size adjustment, the car's 1,045-kilogram weight remains about the same.

Base model

Toyota has yet to release final content specs, but base models are traditionally only available as two-door hatchbacks and stick to the basics. This model also features a one-piece folding rear bench while a 60:40 split-folding seat is standard in other trims.

Air conditioning is normally included as part of an upgrade package, along with power door locks, remote keyless entry and a four-speaker audio system. You can also expect a sport package in the lineup.



Toyota's old dog still barks



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WHEELBASE MEDIA

It used to be that picking a small car was pretty easy: there just weren't that many candidates, plain and simple.

Now it's like trying to pick a puppy from the pound. There are plenty of cute choices with all kinds of bark and sass, and more keep arriving every day it seems.

In that respect, the Yaris was more of an old dog than a young pup, but the upgrades for the 2012 model year at least keep it fresh enough to belong with newcomers such as the Mazda2, Hyundai Accent, Chevy Sonic and Ford Fiesta.

The first-generation

Yaris that lasted for five model years wasn't the liveliest runner on the track, but a roomy interior and low price kept it on the front burner. As well, the tiny Toyota could be had in two or four-door hatchback body styles, as well as a four-door sedan.

There's no word if a trunk-equipped Yaris will again be built, but both hatches return in slightly enlarged formats.

The upgraded, crisper-looking Yaris will remain among the more popular small-car picks, even as the entire category adds variety at a steady clip.

Indeed the pound is getting bigger and the new pups are getting everyone's attention, but at least the Yaris now has enough bark to be noticed.



Toyota Yaris



What you should know about the 2012 Toyota Yaris:

- **Types:** Two-/four-door, front-wheel-drive sub-compact hatchback.
- **Engine (hp):** 1.5-litre DOHC I4 (106).
- **Transmission:** Five-speed manual; four-speed automatic (opt.).
- **Market position:** The growth in sub-compacts over the past few years has been significant, fueled by rising gas prices and fuel-economy standards. However, with hot new competitors, Toyota can no longer afford to rest on its name.
- **Mileage:** 7.0 l/100 km city, 5.7 highway (automatic).



By comparison

Ford Fiesta

Base price: \$14,500
All-new sedan and hatchback models are easy on the eyes and easy on gas.

Chevrolet Sonic

Base price: \$15,000 (est.)
2012 Aveo replacement offers lots of power plus good fuel economy.

Hyundai Accent

Base price: \$14,700
New sedan and hatch feature 138 hp plus 5.9 l/100 km combined rating.

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A3 has a mainly-satisfied owner community

SECOND GEAR



JUSTIN PRITCHARD
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Audi's entry-level model, the A3, is a five-door hatchback with four- or six-cylinder power, available Quattro AWD and all the flexibility and functionality of an upscale German mini-wagon.

The A3 has been nicknamed the Beverly Hills GTI in some circles, referencing its Volkswagen-based underpinnings and engines.

Feature content included upgraded audio, heated leather, navigation, folding rear seats, a panoramic sunroof and plenty more.



2006 to 2011 Audi A3

Engine

Look for VW Group's two-litre turbo four-cylinder with 200 horsepower, or a 3.2-litre V-6 with 250. Quattro was standard with the six-cylinder engine and available on four-cylinder units later in the A3's life.



What owners like

Existing A3 owners typically rave about styling, build quality, comfort levels, all-season traction and even fuel efficiency on models with the four-cylinder engine. Good ride and handling characteristics round out the package.



What owners dislike

Owners say the A3 won't prove the most comfortable way to haul around four or five adults, and the centre console chews nicely into the driver's right-side knee space. Owners of earlier models typically wished for Bluetooth compatibility, and many report "weak" factory tires.



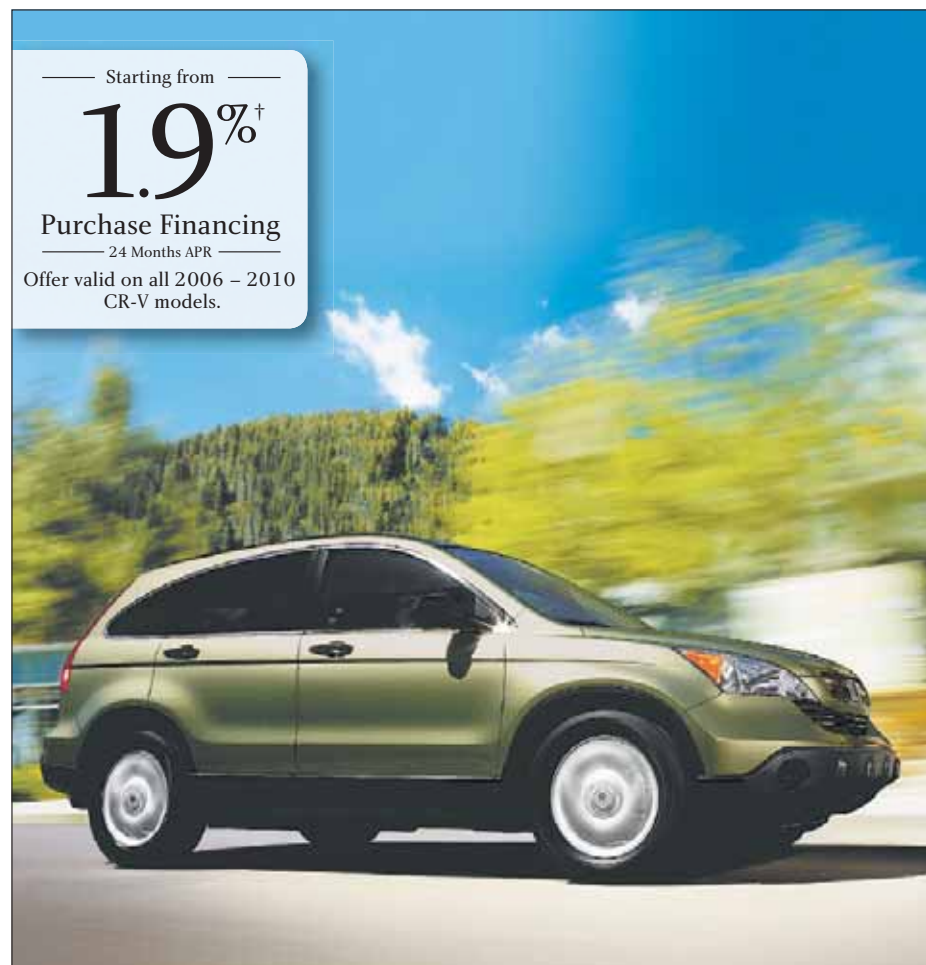
Common issues

Hard, inconsistent or "sloppy" shifting from the Direct Shift Gearbox (DSG) may be caused by a faulty computer control or "mechatronics" unit, which controls this advanced transmission. Long-term reliability of the DSG gearbox is currently unclear. If you're happy driving a manual, stick to your guns.

Note that sporadic acceleration or a "lumpy" feel to the engine's power delivery could be related to faulty or failing ignition coils.

Verdict

There are more affordable and reliable ways to get around than the A3 — though a largely satisfied owner community suggests that the potential issues are far outweighed by the rewarding year-round driving experience and luxury.



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FINDING THE RIGHT MECHANIC TAKES TIME

AUTO PILOT



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Do you know a good mechanic? That's a question I get all the time, and suggests there are other kinds, who are not so good.

Don't want to suggest that there are no nefarious mechanics out there, but I do feel that the ratio of

good mechanics to lousy ones is better than most people perceive.

I would put that down to how easily the customer-mechanic relationship can sour, and how unpleasant it is to, say, shell out \$2,395 for a transmission overhaul, when you really wanted to use that money for something fun — like a Harley Davidson-themed hot tub, with rabbit fur, leather and chrome trim.

But for today's discussion we're going to concentrate on how you might find one of the more stellar mechanics and/or auto service establishments in your area.

Unfortunately there are no bulletproof and/or pain-free methods. Most take a bit of time, persistence, and patience...

Third Party Recommendations

World of mouth is the best way to hear about the best shops. Also check out organizations such as the Canadian Automobile Association (CAA) and the Automobile Protection Agency (APA), who publish respective lists of recommended auto service providers.

Length Matters

Consider shops that have been in business for a good stretch, at the same location, with the same ownership or management. Any place that cheats people and/or is not on the mark for providing a certain level of service is not going to be around very long.

Trial and Error

Once you have a short list,



you should actually patronize a few shops before you settle on a favourite. Start small — oil changes, tires changes, routine maintenance, etc.

If they do those well, up the ante with more expen-

sive and complicated work.

Meet Your Match

You don't need to have them fill out a personality questionnaire à la Lava Life, but you need to develop rapport and, ultimately, trust.

At the very least, it will be easier for both of you to discuss complex vehicle issues.

Mechanics also differ in approach to their jobs; some are perfectionists, others are more comfortable with ambiguity and experimenting with lower-cost solutions.

Pick one that is closer to your style.

Cleanliness

I'm throwing cleanliness into the mix, because I know it's important to some, and in some cases,

can be a sign of a mechanic who is organized and conscientious.

But I don't buy it outright. Judge them more on their work, their word, and their price/value quotient. Disclaimer: I can't find my desk at the moment.

Equipment and Training

Vehicles are getting more complicated than 1960s spacecrafts. Ask prospective mechanics about their ongoing training initiatives, and what they have in way of diagnostic equipment.

Run away from any mechanic who uses a Willow stick divining rod to find electrical glitches, and any mechanic who consistently prescribes Robitussin, for any and all drive-ability problems.

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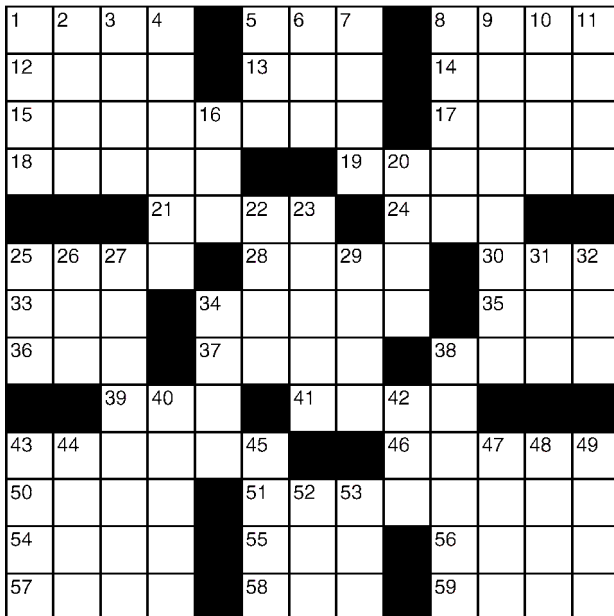
Crossword

Across

- 1 007
5 Swelled head
8 Acknowledge
12 Reed instrument
13 Cattle call
14 Options list
15 Bean spiller?
17 Curved lines
18 Left the chair
19 Nickelodeon spillages
21 Afternoon affairs
24 Lennon's lady
25 Use a paper towel
28 Scorch
30 Can. neighbor
33 The whole thing
34 Aquatic flora
35 Kennedy or Koppel
36 Crafty
37 Greenish blue
38 At the home of (Fr.)
39 It's the word
41 Lemon coating
43 Oklahoman
46 Passion
50 Piece of work
51 Cape Cod city
54 Greek cheese
55 Lamb's dam
56 Apportion (out)
57 In need of liniment
58 Gender
59 Old portico

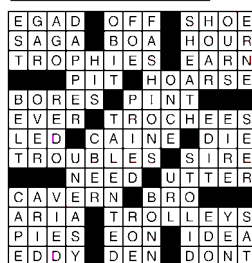
Down

- 1 Goes up and down
2 Death notice
3 NASA scrub
4 Lower in rank
5 Ostrich's cousin
6 Obtained

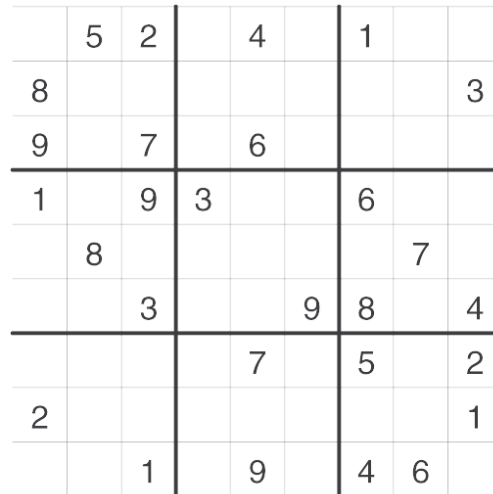


- 7 Ahs' mates
8 Forcefully
9 Martini ingredient
10 Erstwhile
11 Wimpy sort
16 Rhyming tribute
20 Unmatched
22 With skill
23 "— and spice and ..."
25 Existed
26 Under the weather
27 Old Chrysler
29 Hindu princess
31 Witness
32 Wood-shaping
tool
34 Pinnacle
38 Data holders
40 Recant
42 "Platoon" setting
43 Couch
44 Oil cartel
45 Deli loaves
47 Song for two
48 "Beetle Bailey" dog
49 Perlman of "Cheers"
52 Great wonder
53 Actor Harrison

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

6	2	9	3	1	8	4	7	5
4	5	7	9	2	6	1	8	3
3	1	8	7	5	4	6	9	2
7	3	1	2	6	9	5	4	8
2	9	5	8	4	1	7	3	6
8	4	6	5	3	7	9	2	1
9	6	3	1	7	2	8	5	4
5	7	4	6	8	3	2	1	9
1	8	2	4	9	5	3	6	7

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

*Luke, I love you oh so much, its impossible to explain. These past almost two years, seeing you everyday no matter what, and living with each other for over a year, going everywhere and making memories, etc., have been the best times of my life. *MUAH* ^.^ ? 1.19.2010 ?OLIVIA*

Stoopid Face I know you can never be all mine, but when I have you for those few moments in our lives, it's amazing. My double bed is lonely with only me. Miss you. RABBIT

My Jamaican HunHun!! almost half a decade later i'm still so into u and still don't know why! & this i want the whole world to know!!and no matter what i just want to tell U that U're the best & better than all the rest. just so U know..with us it's never off the table!Advance Happy Bday Mahal! JB

Today's horoscope

♈ Aries March 21-April 20 It's one of those days when you would rather be anywhere but where you are supposed to be. Chin up.
♉ Taurus April 21-May 21 Nothing you do is ever wasted. Your big breakthrough WILL come.
♊ Gemini May 22-June 21 It may seem as if certain people are being deliberately obstructive, and maybe they are, but why should that be? Think about it.
♋ Cancer June 22-July 22 There is no need to worry about the future. You may not have gotten the breaks you wanted, but that's life.

♌ Leo July 23-Aug. 23 No matter how unsettling the changes that are taking place may be, they are all for the best in the long-term.
♍ Virgo Aug. 24-Sept. 22 Sometimes, it can be all too easy to get depressed, so focus on things that bring a smile to your face.
♎ Libra Sept. 23-Oct. 23 The secret to happiness is to keep moving forwards. It's all about self-motivation. Go for it.
♏ Scorpio Oct. 24-Nov. 22 You made an error of judgment and need to make amends to those who followed your advice and lost.

♐ Sagittarius Nov. 23-Dec. 21 Most of the time your hunches are spot on, but if you trust your instincts today, it may all go wrong.
♑ Capricorn Dec. 22-Jan. 20 Your relationship with people in authority is more important than usual, stay in their good books.
♒ Aquarius Jan. 21-Feb. 18 You may think someone is keeping something from you, and maybe they are. It doesn't have to be bad.
♓ Pisces Feb. 19-March 20. Let certain people know that you will not allow them to get rich at your expense. **SALLY BROMPTON**

Caption contest



"I can't believe the talked me into this."
JOHN



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